

Reunion / Communication — - - Workshop/Retreat



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Objectives

- To develop an understanding of the challenges of adjustment
- To develop an awareness of positive interpersonal communication strategies
- To identify effective communication techniques



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Reunion

- Expectations



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Reunion

- Expectations
- Changes



UNCLASSIFIED Reunion

- Expectations
- Changes
- Renegotiation



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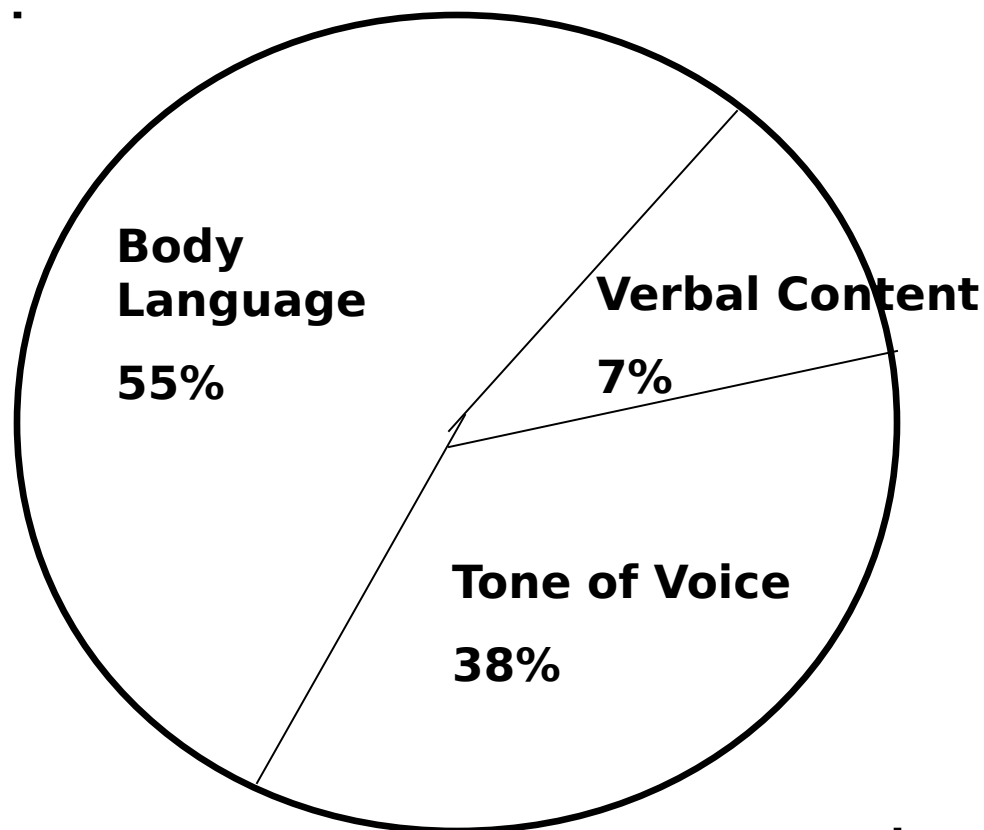
Making the Adjustment

- Importance of change
- Prioritizing change



How Do People Communicate?

Three Parts of a Message





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Communication Skills

- Tune in
- Listen
- Give feedback
- Respond



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Feedback

- Sending messages
- Receiving messages
- Responding



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Conclusion

- Recognize change
- Address change
- Communicate about change